

South Jordan Aquatic & Fitness Center

Water Fitness Classes

Effective November 2016

Water exercise programs are designed to increase cardiovascular endurance, improve flexibility, and muscle tone with the aid of water.



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 AM	Circuit Training <i>Beckee</i>					
6:15-7:15 AM		Advanced Body Conditioning <i>Tamara</i>		Advanced Body Conditioning <i>Tamara</i>		
8-9 AM	Full Body Workout <i>Cindy</i>	Aqua Cardio <i>Beckee</i>	In the Deep <i>Beckee</i>	Aqua Cardio <i>Beckee</i>	Full Body Workout <i>Cindy</i>	7-8 AM In the Deep <i>Beckee</i>
9-10 AM	Combo Challenge <i>Tanya</i>	Low-impact Splash <i>Beckee</i>	In the Deep <i>Beckee</i>	Low-impact Splash <i>Beckee</i>	Full Body Workout <i>Cindy</i>	
10-11 AM			In the Deep <i>Beckee</i>			
7:30-8:30 PM	Aqua Blast <i>Leo</i>		Aqua Blast <i>Leo</i>			

Classes are one hour long unless otherwise indicated.
Classes, schedules, and instructors are subject to change without notice.

Water Fitness Class Descriptions

Circuit Training:	Using a variety of exercise stations, we work cardiovascular endurance and muscular strength. This class is taught in a combination of the deep and shallow areas of the pool.
Combo Challenge:	A high energy class using both deep and shallow parts of the pool. Dynamic movements are added to take advantage of the water's natural resistance.
Advanced Body Conditioning:	This class offers a deep water workout, focusing on muscle conditioning and toning. It includes an advanced abs workout, targets posture improvement, and promotes cardiovascular endurance.
Interval Training:	This class focuses on improving both cardiovascular endurance and muscular strength. It is taught in a combination of the deep and shallow areas of the pool.
Aqua Cardio:	This is an intense cardio and strength class perfect for any fitness level. Interval cardio will be used with the aid of flotation belts, cuffs, hand buoys, and resistance tubing.
In the Deep:	Take the impact out of your workout using water resistance for a great fat burning and muscle toning cardio routine. This class is taught in the deep end of the pool with flotation belts provided.
Low-impact Splash:	Activate your urge for variety! Splash offers fun, deep water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a kickboard or other aquatic equipment is used to improve strength, balance and coordination.
Aqua Blast:	A high intensity water workout to blast away those calories.
Full Body Workout:	A workout designed to target each part of your body and leaves you feeling strong and mobile.